

5 THINGS TO KNOW IN 5 MINUTES ABOUT THE OPTIMA EMPLOYEE ASSISTANCE PROGRAM

1

Helpful resource

Optima EAP is here to help whether you have personal or work related challenges. Skilled and compassionate counselors will be happy to assist with topics such as stress, relationship concerns or grief.

2

Extends to you and household members

Services extend to all Optima Health plan enrollees and their household members. Additional paperwork or enrollment are not required.

3

Free and convenient

Requires no co-payments or deductibles to use face-to-face or virtual EAP services. An intake coordinator can schedule a time and office at a location that is most convenient for you.

4

Confidential

Information shared with Optima EAP is protected under state and federal privacy laws. You can contact Optima EAP directly for our services.

5

Easy to contact us

We can be reached 24/7 toll-free at 1-800-899-8174. Additional online resources are available by logging onto optimaeap.com (enter username: COVA).

Optima 
Health

Employee Assistance Program